**Across**

5. The \_\_\_\_\_\_\_\_\_ is the main organ of the circulatory system

6. The amount of times your heart beats in a one minute period

8. Having good cardiovascular \_\_\_\_\_\_\_\_\_ means that you have a healthy heart

9. The \_\_\_\_\_\_\_\_\_\_\_\_ are the main organ of the respiratory system

11. The \_\_\_\_\_\_\_\_\_\_\_ system is responsible for pumping blood to all the cells in your body

12. Using your muscles to move your body is known as \_\_\_\_\_\_\_\_\_

13. your body needs sleep, physical activity, and food \_\_\_\_\_\_\_\_\_\_\_

**Down**

1. You should try and get at least nine hours of \_\_\_\_\_\_\_\_ each night

2. The\_\_\_\_\_\_\_\_\_\_\_\_ system is responsible for getting oxygen into your body and removing carbon dioxide from your body

3. Anaerobic exercise builds muscular\_\_\_\_\_\_\_\_\_\_

4. \_\_\_\_\_\_\_ exercise increases your heart rate over a long period of time

7. Allows your body to bend and move in comfortable manner

10. Making nutritious \_\_\_\_\_\_\_choices helps your body maintain a healthy lifestyle

13. Aerobic exercise builds muscular\_\_\_\_\_\_\_\_\_

14. \_\_\_\_\_\_\_\_\_\_\_ exercise works your muscles hard (muscles max out) for a short period of time

ENDURANCE EVERYDAY FOOD

SLEEP LUNGS STRENGTH

HEART CIRCULATORY RESPIRATORY

ANAEROBIC AEROBIC HEART RATE

PHYSICAL ACTIVITY FLEXIBILITY FITNESS

HEART RATE FITNESS